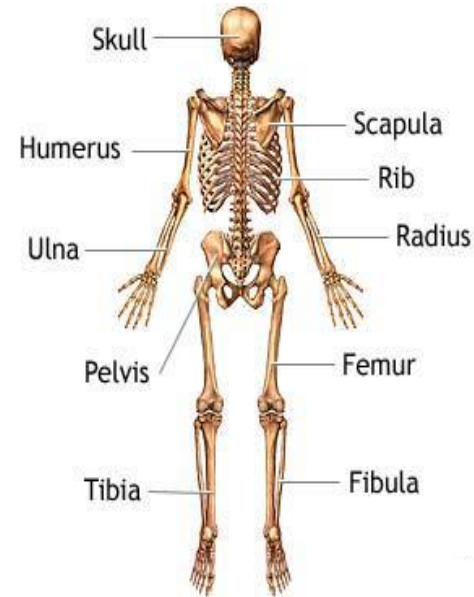


Key Vocabulary

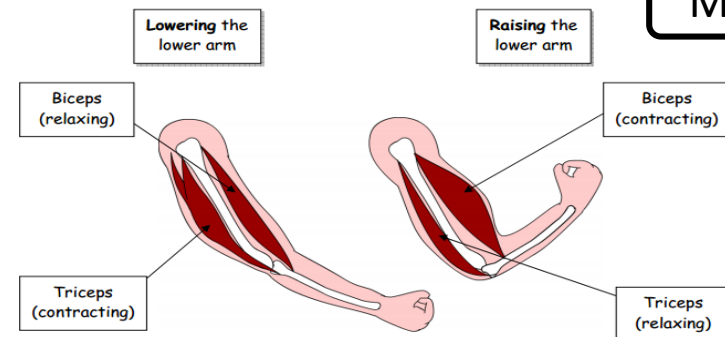
Word	Meaning
Energy	The property that gives us strength.
Nutrition	Food necessary for health and growth.
Skeleton	Bones surrounding our important organs.
Muscle	Soft tissues in the body that contract and relax to cause movement of the skeleton.
Contracted muscle	When a muscle becomes smaller, shorter and tighter.
Exercise	Is a way of keeping the body healthy through being active.
Protect	To keep safe from harm.
Balanced diet	Eating the right amount of foods from the different food groups.
Healthy	In good physical condition.
Nutrients	Something in food that helps people, animals, and plants live and grow.
Relaxed muscle	When a muscle goes back to its normal size.
Bones	The hard tissue that forms the skeleton of a person or animal.

Skeleton



Every single person has a skeleton made up of more than 200 bones. These bones give your body structure, let you move in many ways and protect your internal organs.

Muscles



Key Facts

How can humans stay healthy?

- Have a balanced diet
- Exercise regularly
- Be hygienic

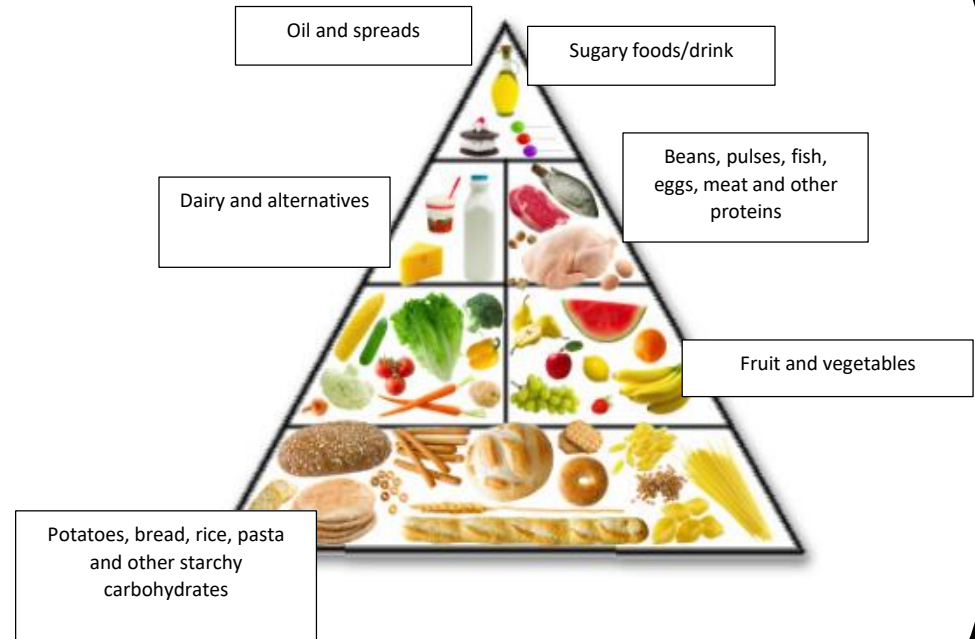
Can humans make their own food?

NO. Humans must gather, grow or hunt their food.

What are the functions of a skeleton?

- To protect our organs
- To help us to move
- To support our bodies

The Food Pyramid



Extending your learning:

1. Science Museum- Human body section

2. [Cooking and nutrition - Year 3/4 & P4/5 Design and Technology Topics - Home Learning with BBC Bitesize - BBC Bitesize](#)

3. Visit your local health practitioners and pick up some leaflets

4. Visit your local library and see what books you can find on the body and nutrition e.g. See 'Inside your body' by Colin King